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June 1986

Ghana
Post Report

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Preface

On March 6, 1957, the British relinquished control over the Colony of the Gold Coast and Ashanti, the North Territories Protectorate, and British Togoland; and Ghana became a free and independent state. Since that time a variety of governments—civilian, democratic, and military—have ruled its people.

Under often abrupt reorganization of its government, Ghana has had to face increasingly difficult economic, social, and political problems. Ghana shares the problems of many other developing countries: a lack of foreign exchange, chronic shortages of imported goods, and a high inflation rate. A severe drought in 1983 and repatriation of over 1 million of its citizens from Nigeria created additional problems for Ghana. With the help of the Asian Development Bank, the IMF, the World Bank, and other outside sources, Ghana is working to overcome these problems. Ghana's economic potential is considerable since it has substantial agricultural capacity and large reserves of minerals and timber.

Ghana's people are warm, hospitable, and polite with a strong traditional culture. Its climate is more agreeable than most West African capitals. Americans assigned here will enjoy the professional challenge of their jobs in pleasant surroundings.

Cover: Fishermen mending their fishing lines.

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This is the official post report prepared by the post. The information contained herein is directed to official U.S. Government employees and their families. Any other information concerning the facts as set forth herein is to be regarded as unofficial information.

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The Host Country

Area, Geography, and Climate

Ghana is situated on West Africa's Gulf of Guinea, only a few degrees north of the Equator. Half of the country lies less than 500 feet above sea level, and the highest point is 2,900 feet. The 334-mile coastline is mostly a low, sandy shore backed by plains and scrub and intersected by several rivers and streams, most of which are navigable only by canoe. A tropical rain forest belt, broken by heavily forested hills and many streams and rivers, extends northward from the shore, near the Ivory Coast frontier. This area, known as the Ashanti, produces most of Ghana's cocoa, minerals, and timber. North of this belt, the country varies from 300 to 1,300 feet above sea level and is covered by low bush, park-like savanna and grassy plains.

Ghana is bordered on the west by the Ivory Coast, on the north by Burkina-Faso, and on the east by Togo.

A feature of the country's geography is the Volta Lake, one of the largest man-made lakes in the world (3,500 square miles), which extends from the Akosombo Dam (completed in 1966) in southeastern Ghana to the town of Yapei, 325 miles to the north. The lake is used to generate electricity and provide inland navigation and is a potentially valuable resource for irrigation and fish farming.

The climate is tropical with temperatures generally between 21 °C and 32 °C (70 °F–90 °F). There is an annual rainfall of up to 80 inches on the coast, decreasing inland. Accra's annual rainfall averages about 30 inches, low for coastal West Africa. It is humid, and belongings subject to mold and mildew should be kept in air-conditioned rooms.

Rainy seasons extend from April/May to July (heavy rains) and from September to November (light rains). Monthly and yearly totals may vary widely.

It is coolest from May until October. In December the harmattan—a dry, dusty wind from the Sahara—covers the country and may last through February. This desert wind reduces the humidity and early mornings and nights are relatively cool. During this season dust can be a problem, but the lower humidity is a compensation.

Population

Ghana's population is an estimated 12.2 million (1984 est.) with a density of 123 per square mile. Largely indigenous, Ghana has small numbers of Asians and Europeans and larger numbers from neighboring West African communities residing in the country. There are 70 tribes which can be classified into four distinct groups who share common traditional beliefs and customs. As the largest group, the Akan comprise 43% of the population; Moshi-Dagomba, 20%; Ewes, 13%; and the Ga-Adangbe, 8%.

The main distinction between groups is language, although many minor differences exist. English is the official language, but there are 50 other languages, among them in the Akan group, Twi, Fanti, Ahafo, and Brong; and Ewe, Ga and Hausa.

Improved medical facilities and health care delivery services have resulted in a decline in Ghana's mortality rate for all age groups. A decline in the death rate and a high fertility rate have resulted in a population growth rate in excess of 3%, so half of all Ghanaians are under 18 years of age. However, medical care is still a problem especially in rural areas, and infant mortality is high: 86 per 1,000 births.

Ghana has complete religious freedom. Members of one family or tribe may follow different faiths and may change faiths at will. Some combine traditional beliefs with Christianity or Islam. Professed religious affiliations in order of their followings are: Christian (45%), animist/traditional (43%), Muslim (12%). Polygamy is most commonly found in the animist/traditional and Muslim groups, but it is not unknown among Christians, especially among those who converted to Christianity later in life. Customary marriages take place only with the consent of both families, and it is sometimes not considered a true marriage until the woman gives birth. Customary marriages are relatively easy to form and to dissolve, compared to civil marriages. Both forms of marriage are recognized under law.

Customs. The peoples of Ghana have evolved various rites and rituals for all the important events of life. There are the rites of child-naming, of puberty and initiation, and of marriage and death. But far more important than these rituals, which are performed only by the little family or clan circle, are the annual and seasonal festivals, which bring together the whole people of a town and, indeed, the whole tribe.

A careful study of the festivals reveals some common features and beliefs. There is, first and foremost, the belief in life after death and in the nearness of dead ancestors to their living descendants. Secondly, through these festivals, the people remember their past leaders and ask for their help and protection. Thirdly, the festivals are used to purify the whole state so that the people can enter the new year with confidence and hope.

Although these beliefs and ideas form the seed kernels of the various observances, people now tend to lay more emphasis on the purely social aspects of the festivals; in fact, to the casual observer or even to those members of the community who are not privileged by blood or office to take part in, or witness the religious observances and rituals connected with the festivals, all that remains is the song and dance and the pageantry and feasting.

Basically, there are two types of annual festivals in Ghana—the harvest festivals like the Yam festival of the Ewe and the ones which mark the period of remembering the dead; i.e., the Adae of the Akan.

Another major ceremony in the life of the Ghanaian is the assumption of traditional authority by a chieftain. This ceremony is known as enstoolment, the stool being the symbol of authority. A chieftain is selected from among several members of a family—the descent may or may not be hereditary and the descent may be matrilineal or patrilineal.

The Queen Mother also has an important position, and she too is selected from

among several families. She plays an important role in settling family disputes in the village, and may or may not be directly related to the chief.

Another interesting ceremony involves the pouring of a libation at the beginning of many traditional activities. Wine or alcoholic beverages are served and the first few drops are poured on the ground or the floor as an offering to the ancestors.

Many Ghanaians name their children for the day they were born. (See table on this page.) Only the father has the power to give another name. Children are thought to have certain characteristics that come from the day of their birth, much like the nursery rhyme, "Monday's child is fair of face," etc.

Festivals are scheduled throughout Ghana in every month of the year. Since they do not have fixed dates, one learns about them from friends, the radio, the newspapers, or expression of interest in participating.

In the cities Ghanaian men usually wear Western dress: sports shirts or safari suits during the day, and Western lounge suits for more formal affairs. For any ceremonial occasion, he will wear traditional dress, a toga-like cloth which may be of colorful wax print material, called "adinkra," stamped with symbolic designs in either black or brown, or the most colorful and expensive handwoven "kente." Women wear both Western and traditional dress and may wear unusual headpieces made of the same material as their dresses.

One cannot pass up a discussion of the use of the traditional drums for all ceremonies. The talking drum adds color and meaning to any festival with its own language and plays an essential role in any activity.

Ghanaians like proverbs. One sees cars, trucks, "tro-tros" snack shops, etc., with pithy sayings painted on them. "Fear Man More Than Ghost," "Why Worry? God Will Provide," "Nothing is Free" are some examples.

AKAN NAMES

Birthday	Male	Female
Sunday	Kwesi	Akosua
Monday	Kwadwo	Adwoa
Tuesday	Kwabena	Abena
Wednesday	Kwaku	Akua
Thursday	Yaw	Yaah
Friday	Kofi	Afua
Saturday	Kwame	Ama

Public Institutions

Named for an ancient African empire along the Niger River (400–240 A.D.), from which its people may have descended, Ghana was ruled by the British for 113 years as the Gold Coast. Ghana was the first sub-Sahara African nation to achieve independence after World War II (in 1957). The United States was second after the United Kingdom to establish diplomatic relations.

Under Kwame Nkrumah and the Convention People's Party (CPP) which had led the country to independence, Ghana began as a Westminster-style, parliamentary democracy. In 1960, it became a republic with Nkrumah as its President, and gradually evolved into a single-party dictatorship which was overthrown by a military-police coup in February 1966. The National Liberation Council ruled by decree until 1969, while gradually restoring human rights and preparing for a return to constitutional, parliamentary democracy. In 1969, the Second Republic constitution took effect and the people elected the Progress Party, led by K. A. Busia, to govern. The Busia government compiled a reasonably good record of respect for human rights but failed to solve Ghana's mounting economic problems, and was overthrown in January 1972 by a military coup led by Col. I. K. Acheampong.

Acheampong got off to a fairly good start as head of the National Redemption Council, which was transformed in 1975 into the Supreme Military Council (SMC). But his economic programs flagged, corruption flourished, and his efforts to establish a non-party "Union Government" created a backlash among the middle classes which led to his arrest on July 5, 1978, and replacement as head of state and the SMC by Lt. General Frederick Akuffo.

Akuffo moved toward restoring constitutional rule, naming a constituent assembly and restoring political rights and activity. But his regime failed to tackle Ghana's economic problems or to reduce corruption. On June 4, 1979, a coup by a group of junior officers and men, calling themselves the Armed Forces Revolutionary Council (AFRC) and led by Flt. Lt. Jerry John Rawlings, removed the SMC.

The AFRC executed eight senior military officers, including former heads of state Afrifa, Acheampong, and Akuffo, for corruption and abuse of power. The AFRC also established "People's Courts" and other tribunals which sentenced dozens of former government officials and others to long prison terms and confiscated their property.

However, the AFRC permitted the scheduled presidential and parliamentary elections to take place in June and July and proclaimed the new constitution in effect, September 24, when it turned power over to the newly elected President, Dr. Hilla Limann, and Parliament.

The new constitution provided for the protection of fundamental human rights, the separation of powers among the executive, legislative, and judicial and various independent institutions, such as the Council of State, Electoral Commissioner, Ombudsman, and a Press Commission, which buffer partisanship and inhibit the abuse of power. The People's National Party (PNP), the successor of the old CPP, won both the presidency (in a runoff) and 71 of the 140 seats in Parliaments.

Unfortunately, the government of the Third Republic (September 1979–December 1981) under President Limann failed to solve Ghana's serious economic problems, while at the same time certain senior officials of the ruling PNP were implicated in corruption.

The Provisional National Defense Council (PNDC) headed by Flt. Lt. John J. Rawlings came to power on December 31, 1981, through a coup d'etat which ousted the Third Republic. A 10-person (originally 7-person) Provisional National Defense Council (PNDC) is both executive and legislative. It has a number of subordinate organizations which carry out the Council's orders. These are passed on to the Committees for Defense of the Revolution operating in communities and work places for execution. The constitution of the Third Republic was abolished.

The Third Republic Court system is still in place, but it has been supplemented by the PNDC with the establishment of a revolutionary judicial system composed of the Office of Revenue Commissioners, the National Investigations Committee and Public Tribunals.

Ghana is an active member of many international organizations including the United Nations (UN), the Organization of African Unity (OAU), the Non-Aligned Movement (NAM), the Economic Community of West African States (ECOWAS), the British Commonwealth, and many of the U.N.'s specialized agencies, including GATT. The new government professes to be nonaligned. Ghana has contributed troops to the U.N. peacekeeping forces in the Middle East since 1973.

Arts, Science, and Education

Ghana has a long tradition of formal education extending backward to the "Castle Schools" of the early 16th century. The British Government and the missionary groups established schools during the colonial period. Since independence, Ghana has expanded its elementary and secondary school system substantially. Until very recently, education was provided free by the government and was available at the primary, middle, and secondary levels as well as at technical training schools. With the present depressed economic situation, all students must pay nominal tuition. However, university education remains free at Ghana's three universities: University of Ghana at Legon (in Accra), the University of Science and Technology at Kumasi, and the University of Cape Coast. All university graduates must contribute 2 years to national service following graduation as payment to the nation. There is a shortage of teachers at all levels of education.

Teacher-training colleges provide specialized training for more than 16,000 students, and enrollment in the three universities totals about 8,200. Education at the university level is offered in the humanities, arts, sciences, social sciences, agriculture, law, medicine, and engineering. There is an acute lack of textbooks.

The government has organized regional art centers to preserve Ghana's rich traditional culture and to encourage development of crafts, sculpture, and painting. Music, drama, and dancing are also fostered. Kumasi's annual cultural festival attracts outstanding performers, lecturers, writers, and scholars.

The Institute of African Studies of the University of Ghana contributes much to the country's artistic and cultural life. It provides graduate studies in African sociology, history, anthropology, music, languages, drama, dancing, and art. Frequent performances are offered at the University, and the Ghana Dance Ensemble of the Institute has toured the U.S. and several European countries. The Arts Council and the various Cultural Centers have rich and varied programs of activities.

Commerce and Industry

The Ghanaian economy is potentially prosperous, but for several years up to 1984, has been in a downward spiral, characterized by declining export earnings, reduced imports, rising inflation, and an overvalued currency.

Ghana's economy is mainly agricultural. Farmers make up some 70% of the work force. Cocoa is the main cash crop, accounting for more than one-half of the country's export earnings and a large part of the government's revenue. Kumasi, the old Ashanti capital, is a cocoa production center and is also important to the timber industry. The semiarid savanna of northern Ghana (nearly half the country's land area) is the main livestock and rice-growing area. The humid forest region in the southwest produces rubber and bananas, and the drier southeast produces livestock, poultry, and food crops.

Ghana's aim is to diversify agricultural production, reduce its heavy dependence on imported foodstuffs, and use more local raw materials in the manufacture of industrial goods. Farmers are encouraged to grow cotton, sugarcane, rubber, tobacco, rice, citrus fruits, corn, and vegetables.

Ghana is also rich in mineral resources, particularly gold, manganese, diamonds, and bauxite. Ghana has the industrial capability, skilled labor, and relatively inexpensive power to process agricultural products and raw materials for domestic consumption and export. The $325-million Volta River hydroelectric project at Akosombo, which supplies almost all of Ghana's electricity, is supplemented by the smaller Kpong Dam that became operational in 1983. Ghana produces a small amount of crude oil, but most of its requirements must be imported. Crude oil accounts for slightly less than half of imports by value, but this is expected to improve with the exploration of new off-shore oil fields and the current economic recovery program. Industrial capacity has been seriously reduced by lack of imported spare parts and raw materials and by the deterioration of the transportation and communication networks in recent years.

In March 1983 the PNDC announced a severe 3-year Economic Recovery Program with emphasis on increasing crops for domestic consumption and export and making consumer goods more available at realistic prices. In implementing this program, Ghana called on the International Monetary Fund (IMF), the World Bank, and the International Donors Committee for assistance. The government has periodically adjusted the currency rate to a more realistic rate and has adopted severe budgets. As a result, the rate of inflation was reduced to 40% in 1984, having been over 130% the previous year. GDP increased by 7%. Ghana's currency, the cedi, was pegged in October 1985 to an official rate of US$1 = ¢60. The real market value is between two and three times the official rate. The IMF loan arrangements call for periodic realignment of the cedi to the U.S. dollar, and this rate is expected to change to one reflecting real value.

The largest foreign investment in Ghana is the Volta Aluminum Company (VALCO) Ltd., 90% owned by Kaiser and 10% owned by Reynolds, which processes imported alumina into aluminum ingots. These ingots have been exported, but a local aluminum fabricating plant (Allworks) will begin processing some of the aluminum within Ghana in 1985. Other U.S. investments in Ghana are involved in crude oil production, dry cell battery manufacturing, tuna fishing and canning, agricultural marketing, and small-scale manufacture of pharmaceuticals and consumer goods. In addition to VALCO, major American companies include Mobil, Texaco, IBM, Union Carbide, National Cash Register, and Johnson's Wax. Many more U.S. firms have active local sales agents.

Transportation

Automobiles

A car is necessary, since public transportation is inadequate, unreliable, and overcrowded. Driving is on the right. Economy-size American or foreign vehicles with a high ground clearance are preferable due to narrow city streets, bumpy, potholed roads, and the high cost of gasoline. Larger cars may be imported but are more expensive to operate, although more comfortable for driving to the beaches or the 3- to 4-hour drive to neighboring Lome, Togo. Unleaded gasoline is not available. Local premium grades equate with regular in the U.S. Do not import cars requiring

high-octane gasoline or vehicles with fuel injection systems because Accra lacks maintenance and repair facilities. The Ghanaian Government reserves the right to refuse import permission for vehicles over 3 years old. Check with the Embassy prior to shipping your present vehicle to find out if it can be shipped.

American cars may be adjusted to use leaded gas (if exported from the U.S.) at port of departure. Check with overseas shipper.

Many persons assigned to Accra purchase their cars in Lome, since delivery time is 1–4 weeks, and prices are comparable to those in the U.S. Besides American models, many foreign makes are available. Peugeots, Datsuns, Toyotas, Hondas, and Mitsubishis can be purchased in Lome. The Embassy will assist Mission personnel in arranging to purchase vehicles in Lome and in converting their dollars into Togolese currency (CFA). Mitsubishis and Nissan cars are available in Accra. The tropical climate makes it desirable to have cars air-conditioned. As local AM or FM radio stations (shortwave frequencies are used) are unavailable, many Mission personel have tape players in their cars. CB radios are not permitted.

Permission must be obtained through the Ministry of Foreign Affairs before any vehicle imported duty free may be sold to a buyer who does not have duty-free privileges. The State Transport Corporation has the right of first refusal on these vehicles. If the State Transport Corporation exercises its option, then the vehicle must be sold to them for the assessed value or exported. If the State Transport Corporation declines to exercise its option to purchase the vehicle, then it may be sold on the open market. The purchaser must pay all duties and taxes due on the vehicle. The General Services Office assists departing personnel in completing the necessary formalities. On arrival at post, the employee turns over to the General Services Office a copy of the bill of sale for the vehicle showing acquisition cost.

Permission to sell vehicles will only be granted by the Mission prior to your departure from post on transfer. Emergency vehicle replacement will be handled in accordance with the procedures outlined in the Foreign Affairs Manual.

Several repair facilities are patronized by Americans. The quality of the work is mixed. You should stay with your car while it is being serviced to avoid substitution of parts. Some people arrange with the Mission-employed mechanics to service their cars during off-duty hours. Spare parts are almost nonexistent in Ghana even for European and Japanese cars. They can sometimes be purchased in Lome, depending upon the make of the car, but bring a wide variety of spare parts with you (fan belts; tuneup kits; radiator hoses; air, oil, and gas filters; a dry battery; and a spare set of tires).

After arrival, arrange to ride with someone who works in the same office or building. If this is not possible, the Mission will try to provide transport from your residence to the office and return. An official vehicle and driver may be made available at a charge to newcomers for transportation to and from official events after office hours and for limited grocery shopping. This service is usually available for 30 days or until your vehicle arrives.

U.S. employees must buy gas at the Embassy Annex pump. U.S. regular (local premium) grade gasoline is available at $1.84 per gallon at the Annex pump.

Third-party insurance, procured locally, is required by law and covers damage to the other car and its occupants and property damage. This coverage is good only in Ghana. Employees who anticipate going to Togo or Burkina Faso, which is commonly done, should secure international coverage through a U.S. insurance company. Comprehensive insurance, which is much more expensive, can also be obtained locally or secured from a U.S. company. The advantage of insuring with a U.S. firm is the prompt payment of claims in hard currency, while a local firm may delay in settling claims and pay in local currency.

Local

Ghana has about 3,500 miles (5,600 km.) of hard surface roads, in varying degrees of upkeep. It is usually possible to drive east to Lome and west to Abidjan, and north to Kumasi. Large potholes throughout Ghana are a continuing problem and contribute significantly to wear and tear on tires. The life expectancy of tires is 10,000–12,000 miles (16,000–19,000 km.).

Many small taxis operate in Accra but they are hard to find in the residential areas where most Americans live, especially during rush hours. Renting a car from a private firm is very expensive.

For in-country trips other than by car, bus service is provided by the State Transport System and by private firms which offer varying degrees of comfort and safety. Americans seldom use these, although new equipment has been purchased and transportation may be more feasible.

Regional

Ghana Airways presently has scheduled flights between Accra and Kumasi, Tamale, and Sunyani. Schedules are subject to change depending on availability of fuel and spare parts for the planes.

A number of international airlines provide service to points outside Ghana, in addition to Ghana Airways. At present no American carrier operates in Ghana.

Communications

Telephone and Telegraph

In August 1981, a dedication ceremony was held for the new satellite communications station located on the outskirts of Accra. Telephone calls between Accra and the U.S. are now placed with varying degrees of success, by satellite service. Book telephone calls 24 hours in advance.

Because local equipment frequently breaks down, telephone communication is difficult. For this reason Embassy, AID, Peace Corps, and USIS personnel are furnished with portable radios for communications with other Mission members. Telex communication with points outside Ghana is uncertain. Ham operators may be authorized after passing a simple test. Ghana permits telephone patching with the U.S., a service some Americans have found useful in emergencies.

Home telephone fees are as follows: Telephone rental for year in private residence, ¢956.30; charges per completed local call ¢2.15; and a call to the U.S., ¢251.00 per minute.

Mail and Pouch

You can send and receive personal letters by Department air pouch, which goes twice a week from Accra/Washington. Packages, magazines, and newspapers from the U.S. are sent by surface-to-air pouch, which take 2–6 weeks.

Send important documents, checks, and valuables by pouch. The address for letter mail and packages 2 pounds or under is:

(Name)
Accra*
Department of State
Washington, D.C. 20520

*Add (ID) for AID personnel or (IS) for USIS personnel.

For magazines, newspapers, and packages over 2 pounds, the ZIP code is 20521. International surface mail takes 3–4 months, and nondiplomatic personnel must pay customs duty on packages. These

duties are extremely high on all consumer items. International mail is sometimes unreliable. Post office addresses for local and international mail are:

Embassy and USDAO	P.O. Box 194, Accra Ghana
USAID	P.O. Box 1630, Accra Ghana
USIS	P.O. Box 2288, Accra Ghana
Peace Corps	P.O. Box 5796, Accra Ghana

Radio and TV

Shortwave radios can be used in Ghana and are recommended due to the greater selection of broadcasts. Reception is fair to good for VOA, BBC, and AFRTS.

Ghana Broadcasting Corporation transmits local news and music in the morning and evening, and the government-owned TV station broadcasts programs of limited interest during the evenings with some weekend coverage of sports activities. Ghana TV uses the European system (PAL—625 horizontal lines), which is incompatible with American receivers. Local assembled radios and TV sets are available, but prices are high.

Many Mission personnel bring video-recorders (both Betamax and VHS) to post. The American Club uses the U.S. Betamax and VHS systems and has organized a tape library for members. There are frequent film showings at the American Club. Many Americans bring two systems. There are several Video Clubs in Accra where a variety of tapes (both NTSC and PAL) may be rented for ¢100 ($2) per night or weekend.

Newspapers, Magazines, and Technical Journals

European editions of *Newsweek* and *Time* are sold locally, but are sometimes difficult to obtain. Some regional publications (i.e., *West Africa*) are available. The USIS library has American magazines and air-mail editions of the *Herald Tribune*.

Some British magazines and newspapers are sold sporadically. Ghana has three major newspapers—the *People's Daily Graphic* and the *Ghanaian Times* (both state-operated dailies published in Accra) and the twice weekly, privately owned *Pioneer*, based in Kumasi. In addition, there are five weekly newspapers (three of which are privately owned) published in Accra, as well as several religious-affiliated papers.

Personnel assigned to Ghana generally subscribe to their favorite magazines through the pouch.

Health and Medicine

Medical Facilities

The Embassy Health Unit is directed by an American nurse practitioner who tends the medical needs of the official American community. A State Department regional medical officer, stationed in Abidjan, and regional psychiatrist, stationed in Monrovia, visit the post periodically, and their advice or presence can be requested by telegram.

For emergencies in Accra, Americans receive treatment and are hospitalized at the Ghana Military Hospital, Police Hospital, or Nyaho Clinic. When deemed necessary by the Embassy health officer, employees and dependents are evacuated to Frankfurt, London, or the U.S. Expectant mothers are sent to the USAF Hospital in Wiesbaden.

Well-trained Ghanaian physicians in various specialties are associated with Ghanaian hospitals. However, because of their tremendous workload, they are not always available. Medical equipment, supplies, and medications are in very short supply. Several dentists are used by the foreign community for routine care. Any involved dental procedures must be performed in Germany or the U.S. Only true dental emergency cases are evacuated.

If you use prescription drugs, bring several months' supply. Order refills from the U.S. Only a very limited number of U.S. and European drugs are available locally and are extremely costly.

Community Health

Health precautions observed at most posts in tropical developing countries are applicable here. If you take proper precautionary measures, serious diseases endemic to Ghana (malaria, TB, typhoid, measles, hepatitis, enteric fever, and parasitic diseases) can be avoided.

Preventive Measures

Any special medical problem should be investigated before coming to Ghana, and guidance should be obtained from the Office of Medical Services prior to assignment. Those with respiratory problems or skin allergies should not be assigned to this post.

All personnel and dependents should have polio, typhoid, tetanus, measles (MMR), gamma globulin, cholera, and yellow fever immunizations before coming to post. All immunizations are offered at the Health Unit, except yellow fever, which you should have before leaving the U.S. Only the Public Health Center in Accra gives yellow fever immunization.

Malaria suppressants **must** be taken regularly each week. Obtain a supply from the Department's Office of Medical Services (Aralen, Chloroquine Phosphate, is the recommended drug). Malaria suppressants should be taken 1 week before arrival at post, and continued for 6 weeks after departure from a malaria area.

Strict cleanliness in food and water preparation is most important. All drinking water must be boiled and filtered. All government housing is equipped with filters. Canned, powdered, and reconstituted milk is usually available. Vegetables and fruits must be scrubbed and soaked in a chemical solution if they are eaten raw, or peeled and cooked. It is best to avoid uncooked vegetables or fruit unless you are certain they have been scrubbed and soaked. Servants should undergo health examinations before hiring and periodically throughout employment.

It is unsafe to swim in freshwater streams or lagoons, where schistosomaisis, a parasitic disease transmitted through the skin, is prevalent.

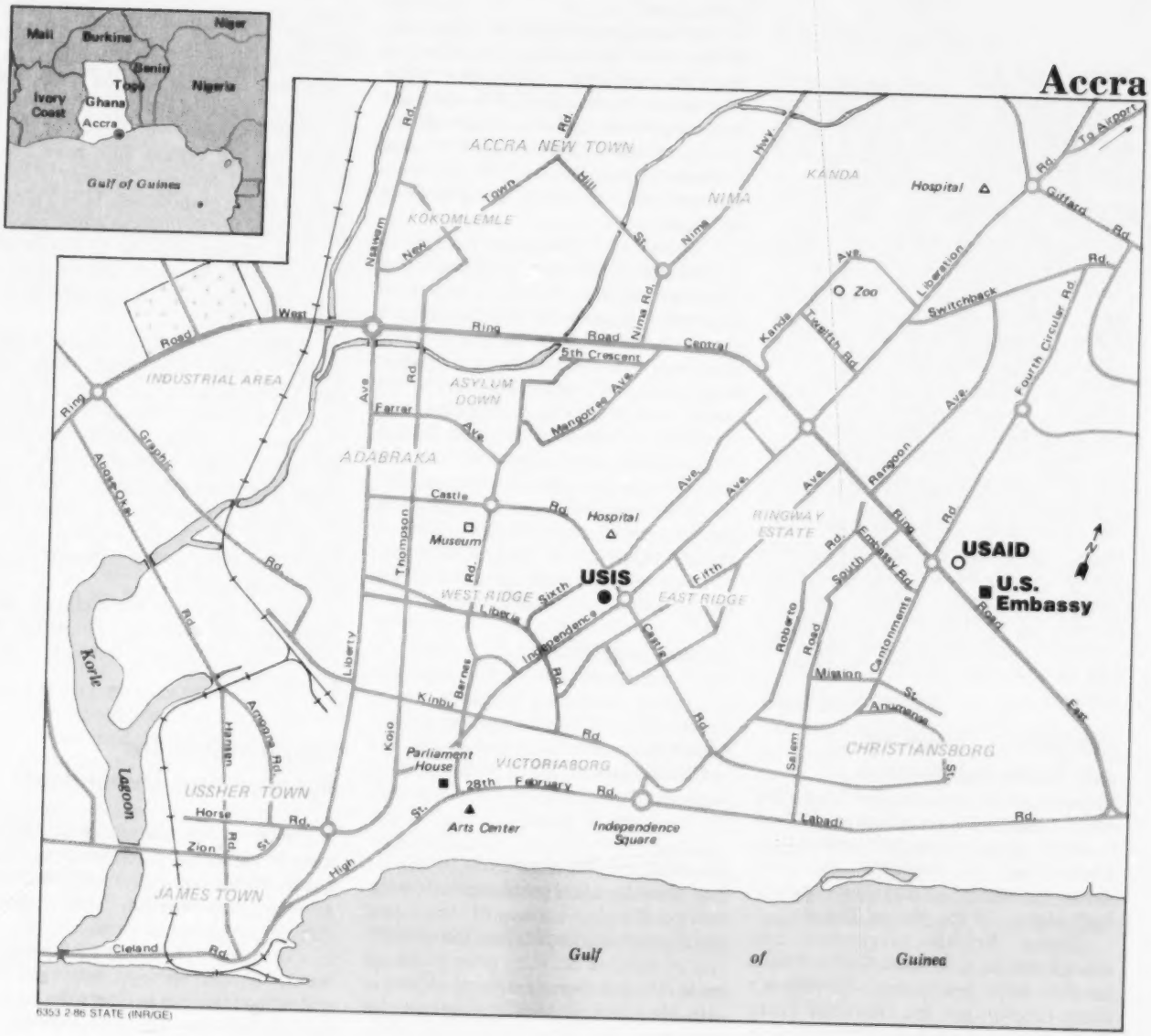
Rabies is prevalent. Avoid any strange animal, including dogs, goats, sheep, and cats. If you decide to import a pet, make sure it is inoculated against rabies. Veterinary services are available although vaccines are often in short supply. Some people have had success in ordering rabies vaccine and syringes from a veterinarian in the U.S., but since vaccines must be kept refrigerated during shipment, this is not always feasible.

Due to the warm, moist climate, skin infections are common. These can be avoided by scrupulous cleansing of even a minor injury.

Employment for Spouses and Dependents

A number of essential jobs in the Mission must be performed by dependents. In addition, the Mission occasionally needs temporary clerical help during leave periods, illnesses, or seasonal rush.

Generally, dependents who want to work, including spouses, older teenagers, and college students in Ghana during summer vacation, can find jobs, although not necessarily in their preferred fields. Due to local restrictions against hiring foreigners, employment possibilities on the local economy are slight and confined largely to teaching in internationally-oriented schools.



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American Embassy

Accra

Accra, population 1,045,000, is Ghana's capital and largest city. It has developed into the greater Accra/Tema area and embraces several towns along the coast. Accra is also the major commercial, education, and transportation center. Formerly a fishing village, Accra became the capital of the Gold Coast in 1877, and remained the capital after Ghana's independence in 1957.

Accra's business section is a collection of old and new buildings. Open areas and some attractive residential areas are found throughout the city. Most streets are poorly paved or black-topped, and many are flanked by deep, open ditches which collect the runoff from rainy season downpours. These ditches can be hazardous, especially at night on unlit streets.

There is a substantial foreign community, including Americans, British, Canadians, Dutch, Germans, Lebanese, Indians, Italians, Chinese, and others. About 1,000 Americans live in Ghana: employees and dependents of the Embassy, USAID, USIS, Peace Corps, major American firms, missionaries, students, retirees, and others. Frequent American visitors include authors, educators, business and professional people. Ghana is attempting to establish a tourist industry, and several new hotels have been opened.

The American Embassy.

The Post and Its Administration

The post's administrative structure is similar to any medium-sized Mission. American personnel work 40 hours per week, but some local employees have a 48-hour work week. Marine Security Guards are on station 24 hours at the Chancery. Office hours for USIS, DAO, Embassy, and USAID are 7:30 am–12:30 pm and 1:30–4:30 pm, Monday through Friday; Peace Corps hours are 8 am–12:30 pm and 1:30 pm–5 pm, Monday through Friday; the PC nurse is available 9 am until noon on Saturday.

Payrolling (transfer allowance, salary, travel reimbursement, and other allowances) is handled by the Regional Finance Center (RFC) in Paris, except for USAID. Payment is dollar check.

The Chancery address is Ring Road East off Dunquah Circle, telephone 75347/8/9. The Annex, about 1 mile from the Chancery at Cantonments Road and 11th Lane, houses the Consular and General Services Offices as well as the Health Unit, the Commissary, and Mail Room. The Annex telephone number is 76001/2 and 76008.

The USAID Mission is presently housed behind the Chancery, telephone 75347/8/9; Peace Corps offices are at No. 26 West Cantonments, telephone 75984. USIS is located at 64 Castle Road, telephone 29179, 29829, 29882.

If transferring to Accra from Washington or from a post not paid by RFC Paris, be prepared for a delay (at least two pay periods) before you receive a check, while your records are being transferred. Checks are received and distributed at post 12 days after the pay period. All or part of your salary can be sent to a bank in the U.S., and accommodation exchange can be made by personal check at the Chancery.

Housing

Temporary Quarters

Permanent quarters are usually available when you arrive. If not, hospitality may be offered for a few days in the guest-room of an officer already in Accra. If this is not feasible, the American Club may be used. Hotels are of acceptable quality and are reasonably priced. One must take precautions with water and raw foods. Every effort is made to make housing available and ready for the new arrival.

Reimbursement for temporary lodging is also made by RFC Paris, and the Embassy cannot make an advance for this purpose. If you stay in a hotel after your arrival, you must be prepared to bear the cost until you are reimbursed (2–3 months after application). However, few, if any, newly arrived personnel are lodged in hotels.

Top: USAID offices; above: USIS offices.

Permanent Housing

Housing assignments are based on family needs, the employee's representational responsibilities, and availability. Assignments generally are not made far in advance of arrival.

The Embassy owns the Ambassador's residence, one additional senior officer residence, and an apartment complex consisting of eight furnished apartments for staff employees. Normally assigned to single persons or couples without children, these are quite modern and range in size from one bedroom to three bedrooms. Single personnel have not been required to share housing.

All other quarters are under government lease. Leased houses with government furnishings are usually of concrete block or stucco with terrazzo or wooden parquet floors and have a combination living/dining room and a kitchen on the ground floor, and bedrooms and bathrooms on the second level. Some houses also have large patios, and some have very large living rooms appropriate for large parties. Most have verandas. All occupied bedrooms are air-conditioned, and generally, room air-conditioners are also installed in other living areas. Most houses have servants quarters in a separate building. For security purposes, day and night guards are provided for all residences. The General Services Office also supplies burglar alarms.

USAID provides U.S. Government-leased and -furnished houses or apartments for most of its headquarters' staff personnel. Contract personnel are provided housing consistent with the standard established for direct-hire personnel. Accommodation for temporary duty personnel is provided at the American Club Guest House, when available. Otherwise, these personnel stay at one of the commercial hotels.

Furnishings

All residences have living room, dining room, and bedroom furniture plus rugs and drapes. The master bedroom usually has a queen-size bed, but twin size can be provided, if available. All residences are equipped with refrigerator, freezer, washer, dryer, stove, and air-conditioners. Vacuum cleaners, lawn mowers, and garden furniture are usually available, varying somewhat from agency to agency. Newly assigned personnel should check with their Mission Administrative or Executive Office prior to arrival for an accurate and current list of what is provided.

A Welcome Kit is provided for new arrivals until their airfreight arrives. The kit consists of basic items which will enable new arrivals to live comfortably while awaiting their effects. As most entertaining is done at home, include such items as placemats, cloth napkins, candles and candle holders, and serving trays in your airfreight. Household effects often take several months to arrive.

Utilities and Equipment

All houses have hot and cold running water, although water shortages occasionally occur due to breaks in line. Each house has a water storage tank which is used during these dry periods. Electric current is 230v, 50-cycle. Power fluctuations and failures are common. Use voltage regulators for expensive stereo equipment. Electric fittings are three prong, some round and some flat. Adapters are sometimes available locally. Screw-type and bayonet two-prong electric light bulbs are usually stocked at the commissary. Transformers are furnished for all government-furnished appliances plus one or two more for personal equipment.

Have tape recorders and turntables adjusted for 50-cycle current. Battery-powered or wind-up clocks are the most practical due to frequent power outages. If you plan to buy new appliances, buy 220/240v equipment. Radios and stereos must be kept in air-conditioned rooms to prevent deterioration.

Food

The Embassy commissary is the main source of consumables for all Mission personnel. It is quite possible to eat well and with variety using only the commissary for food purchase. It stocks a variety of staples, including canned, frozen, and packaged foods; condiments; paper and

Above left: Ambassador's residence; above right: pool at the Ambassador's residence; left: DCM's home.

Above: USAID director's home; left: administrative officer's home.

Above: officer housing; right: junior officer housing.

Left: staff housing; below: staff apartments.

cleaning products; liquor; and cigarettes. Retail suppliers in New York, London, and Denmark fill private orders for frozen meats, fruits, vegetables, and speciality items, including liquor and cigarettes. Baby food is not stocked in the commissary; if needed, include it in you surface shipment. Food prices at the commissary average double U.S. prices, since freight and insurance are included. Those with unused surface freight allowance may want to ship canned goods and other nonperishable food items. A separate consumable allowance of 500 lbs. per family member may be shipped within the first year of duty, limited to 2,500 pounds.

The American Employees' Commissary Welfare Association (AECWA) is open to all U.S. Government employees of the Mission. The AECWA membership deposit is $100 for single employees and $200 for families. This membership entitles you to privileges at the commissary and the American Club. Purchases are paid by dollar check. Personnel without checking accounts are strongly advised to open one before arrival at post. The commissary also sells U.S. postage stamps and American Express travelers checks.

Personnel do not usually buy essential foodstuffs on the local market. Prices are often 3–5 times U.S. prices for items like eggs, potatoes, and onions. Quality and selection are sometimes unpredictable. The quality of fresh meat, poultry, and eggs varies from acceptable to poor. A local plant produces reconstituted milk and ice cream. Local beer is good, and popular soft drinks such as Coca Cola, Pepsi Cola, Sprite, Ginger Ale, and tonic water are manufactured locally but are frequently difficult or impossible to obtain on the local market. All of these soft drinks, and some others, are carried at the commissary.

Vegetables (potatoes, yams, string beans, okra, cauliflower, squash, lettuce, tomatoes, eggplant, green pepper, carrots, cucumbers, cabbage, and spinach) and fruits (mangoes, oranges, limes, bananas, papayas, pineapple, watermelon, avocadoes, and lemons) are available seasonally. Some Ghanaian fruits—especially pineapple, bananas, papaya, and mangoes—are excellent. Some "street chop" (food sold on the street) is safe to eat. Fried plantains and groundnuts (roasted or boiled peanuts) are usually safe.

There is no cafeteria available at any Mission office in Accra. The Embassy has a small canteen, primarily for local employees. The American Club serves sandwiches, pizzas, salads, and a one menu per day lunch.

Many American families supplement available food items by growing their own vegetables. American seeds, especially for lettuce, cucumbers, peppers, and beans, do well in Accra. For most other vegetables, locally available seeds are more likely to succeed.

Clothing

In general, clothes suitable for Washington, D.C. summers are appropriate in Accra. In the office and at informal events, men wear business suits, or "safari suits," or short-sleeved "safari" jackets with trousers. Women wear dresses, blouses and skirts, or for those whose duties do not require visits to Ghanaian offices, slacks. Loose fitting clothing is more comfortable. Invitations to social functions will specify the dress: formal (black tie), informal (suit), or casual (open neck shirt, sports shirt, or political suit). Except for the annual Marine Corps Ball, formal occasions are infrequent, and only senior Mission officers require a dinner jacket. Casual occasions are frequent.

Many people find it useful to maintain charge accounts in the U.S. and purchase clothing by mail-order. Catalogs are available at the Community Liaison Office for Sears, Montgomery Ward, J.C. Penney, Spiegel, and Talbots. Brooks Brothers' catalog is sometimes available. Although it is wise to start your tour with an adequate wardrobe, it is relatively easy to order additional items as needed.

Men. Wash-and-wear suits are preferable in this climate. Poor quality and ill-fitting wash-and-wear suits are sold in a few local stores at considerably higher than U.S. prices. Officers need at least two dark suits, since Ghanaian and European men wear dark suits to informal evening functions, and to important daytime functions. All types of shoes and sandals are worn; bring an adequate supply since locally made shoes are of poor quality and very expensive. Shoe repair is poor. Hats are almost never worn except at the beach, on the golf course, and on the baseball field. If you are sensitive to sun, a hat that can be worn or pocketed, as the occasion demands, will be useful at Durbars and other outdoor gatherings. Bring the lightest weight raincoat available and one or more umbrellas. You will probably find that you use the umbrella alone more than the raincoat. During the rainy season light-weight sweaters and sports jackets are comfortable in the evenings.

Bring a good supply of dress and sports shirts, socks, underwear, and other clothing. As much as possible, buy cotton or cotton blends for coolness and ease of laundering. All of the above-mentioned items are available in Ghana, but prices are high, sizes limited, and fit and quality poor. Bring some heavy clothing for visits to Europe or the U.S. during your tour. Short-sleeve shirts are more often worn than long sleeve. Since constant washing may wear out clothes fairly rapidly, bring a sufficient quality to allow for extra wear.

A washable, light-weight, dinner jacket (white or black) and trousers with cummerbund are the only evening clothes required for officers or spouses of officers. They are used infrequently since most parties range from informal to casual.

Military personnel should write their predecessors well in advance of arrival at post to determine current uniform requirements.

Women. Bring hot weather clothes. Anything that would be suitable in Washington, D.C. in the late spring and summer would be useful here. Cottons and cotton blends are recommended; more formal fabrics or anything that requires drycleaning are not. Woolens are needed for trips outside Ghana and must be stored in air-conditioned rooms. It is possible to purchase casual ready-made Ghanaian cotton dresses. Sometimes sizes are irregular.

Sewing supplies should be brought or ordered from the U.S. It is not always possible to find the proper selection locally. Dressmakers can make simple dresses out of local fabrics, which are attractively trimmed with "joromi" embroidery. Local dressmaking is expensive for even simple garments, but you probably will want to have a few local-style dresses made.

Most entertaining is informal or casual. Women wear a variety of evening apparel; long or short cotton dresses, patio dresses, pantsuits, or long skirts and tops. Senior officers and spouses of senior officers, may need at least four to six more formal dressy gowns for occasional formal functions; for other women one or two dressy gowns will suffice. A light-weight evening wrap or shawl is useful on damp evenings during the cool season. Hats and gloves are rarely worn. Stockings are worn by some American women in Accra, but are not considered necessary even at dressy functions.

A variety of shoes is worn. Nonworking women prefer low-heel sandals for daytime wear; higher heels are worn more frequently at the office. Many women find closed shoes comfortable, while others prefer sandals and thongs. Broad heels, wedgies, and platforms are desirable for standing at receptions and outdoor evening parties.

Sufficient quantities of cotton undergarments should be brought or ordered, since several changes a day during the hot season are usual. Constant washing quickly wears out elastic.

Children. Bring an initial supply of normal hot weather clothing. Local dressmakers can make everyday clothes reasonably well, but a wide selection of fabrics is not always available, and is expensive. Certain items, including imported well-made shoes, are sporadically available on the local market, all at high prices. Canvas shoes, most used at post for growing children, cannot always be found. Bring a supply and anticipate growth factors.

Supplies and Services

Supplies

Bring cosmetics, home medicines, home permanents, hair coloring, etc. They are rarely available locally and are very expensive. A few toilet articles, such as soap, shampoo, and toothpaste, are stocked in the commissary, but there is little choice of brands. Bring at least 6 months' supply of your favorite cosmetics. Refills can be ordered from drugstores in the Washington, D.C. area.

Bring dehumidifiers, light-weight blankets or quilts for air-conditioned bedrooms, and anti-mildew preparations for chests and drawers. An ice chest or cooler is recommended for the beach, picnics, and trips to Lome. A charcoal grill or Coleman-type stove is useful. Some people find kerosene lamps and candles reassuring to have on hand during power failures.

A small battery-powered lamp can be used in many emergencies. Bring extra batteries and bulbs.

Basic Services

Local tailoring is expensive with varying quality of workmanship for even simple casual clothes. Dressmaking is getting more expensive but is reasonable for simple clothes. Local drycleaning can be done only when solvent is available. The cost is extremely high, and may cost more than the original price of the item. Americans rarely, if ever, attempt to have clothes drycleaned. Shoe repair is expensive and inadequate.

Barber and beauty shop prices are less than those in the U.S., and facilities are adequate. A full range of beauty treatment (i.e., pedicure, manicure, massage, sauna, etc.) is available at very reasonable prices.

Some stereos, radios, and TV's can be repaired. However, spare parts are scarce and, when available, are expensive. These are generally ordered from abroad.

Books are scarce, and shops are poorly stocked. Bring books you wish to read. Some personnel find membership in one or more book clubs useful, but do not join one that requires you to give prompt notice if you do not wish to buy their selection since pouch mail is slow.

The same general rules apply to hobby materials, games, and sports equipment. Bring these with you and locate a mail order source in the U.S. to fill your needs.

Domestic Help

Both male and female household help can be hired. Most cooks, stewards, cook/stewards, and gardeners are men. Nannies and housemaids are women. A housemaid may also do some cooking, but generally a nanny would not, except for small meals for the children. Trained servants are sometimes hard to find. Often the most satisfactory solution is to "inherit" the domestic help of your predecessor, or to hire a friend of a servant who works for another Embassy family. The Community Liaison Office also maintains a limited list of people looking for jobs. In all cases, references should be checked thoroughly. You should also arrange medical examination for domestic help. Appointment can be made through the Medical Unit.

The number of domestic employees in a household varies: single people generally require a cook/steward, who does the cooking, cleaning, washing, and ironing; couples often employ a cook, a steward, and part-time laundry man. Single women sometimes prefer to have a housemaid rather than cook/steward, but the work required would be identical. Those who live in houses need a gardener, either full- or part-time depending on the size of the grounds and amount of shrubbery and other foliage.

Uniforms can be made locally or ordered from the U.S. and are usually provided at least once during a tour. Servants quarters are located on the premises, although their families generally live elsewhere. Employers are not required to provide food, but general practice is to supplement salaries with rice, flour, sugar, canned fish, etc. Food from the commissary cannot be used for this purpose. Most people buy sizable amounts of these basics in Lome both for their own use and for supplemental supplies. Current average monthly salaries (in cedis) are as follows:

	Average	Range
Cook	¢1,275	¢1,000–2,000
Cook/Housegirl	1,000	1,000
Cook/Steward	2,000	2,000
Steward	1,300	1,000–2,000
Housegirl	1,033	600–1,400
Housegirl part-time (20 hrs. wk)	400	400
Nanny full-time	1,500	1,500
Nanny part-time	800	800
Gardener full-time	925	500–1,200
Gardener part-time	450	300– 550

Divide these figures by 60 to get an estimate of salaries in dollars. Average cost of commodities given in addition to the cedi salary is $56 per month, with a range of $20–$100. However, as staples become more plentiful, it is anticipated that this practice may be discontinued with corresponding salary adjustment.

Employers generally give Christmas bonus, normally 1 month's salary. Many employers also give servants 2 weeks' paid vacation or an extra bonus after 1 year, and some pay medical expenses. One uniform per year for each servant is often provided.

Religious Activities

Christians have no difficulty finding a church of their denomination. Churches in Accra include Roman Catholic, Anglican, Methodist, Christian Science, Baptist, Presbyterian, Seventh-Day Adventist, Assembly of God, and Lutheran. No synagogue is available. Mosques are numerous.

Education

Dependent Education

At Post. The Lincoln Community School, cosponsored by the U.S. Government and the Lincoln Community School Association, opened in September 1968. The school's American principal is recruited from the U.S., and all teachers

are certified to teach in the U.S. Enrollment varies, but usually averages around 60. Roughly 10% of the students are U.S. citizens, slightly less than one-third are Ghanaians, and more than one-third are citizens of other countries. Classes are offered from kindergarten through grade 8. School hours are from 8:30 am to 2:30 pm.

The school follows an American curriculum, with an emphasis on international acculturation, and uses American textbooks and teaching materials. The school is housed in a new, modified open-concept facility. Playground space includes two grassed play areas and a large playing field.

The Ghana International School offers very good instruction through grade 12 based on the British model. Small French, Swiss, and Italian schools are also available.

In general, even high-school students return home for lunch and do not return to school in the afternoon. Sports programs and opportunities for special education in such subjects as music and art are limited. Libraries are small. Bring books, games, and educational materials that will support the core curriculum.

Away From Post. Educational allowances are authorized for children in grades 9–12, and parents can place their children in schools either in the U.S. or abroad. Children of personnel currently assigned to post are enrolled in schools in England, Switzerland, and the U.S. No transportation allowance is provided for children of military who attend school away from post.

Post Orientation Program

On arrival at post, you will receive briefings regarding security, medical facilities, currency exchange, use of the pouch, commissary privileges, and other matters of general interest. A Mission-wide orientation program is scheduled periodically to familiarize new personnel and their spouses with post operations. The Ambassador usually makes introductory remarks, followed by briefings by the DCM, heads of various Embassy sections and directors of other U.S. agencies represented in Ghana. Longer briefings, with lectures by Ghanaian professors on customs, language, music, and history, are arranged several times a year. There is no post language program.

Recreation and Social Life

Sports

Ghanaians like sports and enthusiastically support soccer, field hockey, lawn and table tennis, cricket, and polo. Horseracing attracts fair crowds; turf clubs operate in Accra, Kumasi, and Takoradi. The Ghana Sports Council is active in the organization, promotion, and control of sports.

Recreational facilities around Accra include an 18-hole golf course at Achimota (on the outskirts of town) and a 9-hole course at Tema (30-minute drive from Accra), a tennis club, and a polo club. The Tesano Club, 4 miles from downtown, offers tennis, squash, swimming, badminton, billiards, dancing, and a children's wading pool. Horseback riding can be arranged at the Burma Camp.

The tennis court at the Pol/Econ Counselor's home is open to Mission personnel. The swimming pool at the Ambassador's residence is available to Mission members 6 days a week, and a swimming pool is available for use at the Employees Association-operated American Club Guest House. There is a well-equipped exercise room and swimming pool at the Embassy apartment compound, available to Mission personnel. Tennis is also available there.

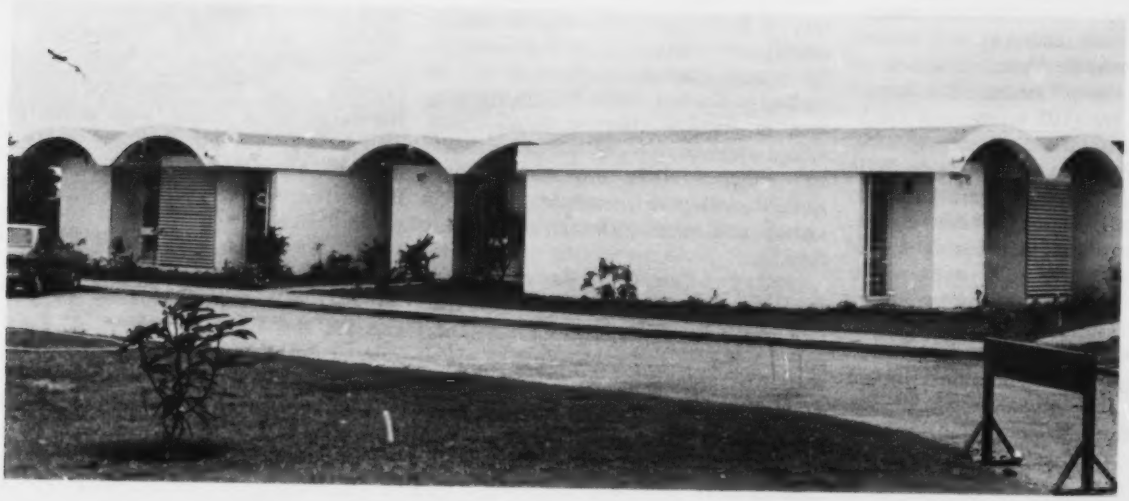
Adults play softball every Saturday, weather permitting, at the ballfield on the Embassy apartment compound. Little League baseball is played on Saturday morning. Several nationalities are represented.

Beaches are found around the city, but the undertow is dangerous. Safer swimming is available at beaches 1–3 hours' drive from Accra (Pram Pram, Ada, and Winneba); however, here too, the tides are dangerous if a swimmer goes out too far from shore. Beach houses and plots can be bought or rented, but are becoming expensive. Boating or sailing is practical only at Ada 2½ hours by car east of Accra, at the mouth of the Volta River. Boating on the Volta is not popular because of difficulty in berthing a boat. Swimming in any freshwater area is inadvisable due to the presence of schistosomiasis (bilharzia), a serious parasitic disease. The Embassy maintains a beach house at Mile Thirteen for Mission personnel to use.

Bring sports equipment (including tennis rackets and balls, golf balls, fishing gear, sports clothes, etc.).

Bush fowl are hunted a few miles from Accra. Bigger game, such as antelope and bush buck, are found in the northern region

Lincoln Community School.



300 miles away and in neighboring Burkina Faso. Surf or boat fishing is possible along the coast and at Ada. If a powerboat is needed, a few can be found here or at Lake Volta.

Touring and Outdoor Activities

In and Around Accra. Points of interest include Independence Square, Flagstaff House (now Army Headquarters and former residence of Kwame Nkrumah), Castle Osu (seat of government), and Parliament House. All are located in downtown Accra. With the exception of Independence Square, these may be visited by invitation only. The National Museum, National Archives, and National Science Museum are interesting, as are the markets, where hundreds of "Mammy traders" carry on traditional commerce. A small zoo and several parks are located within the city but are in poor repair.

The University of Ghana at Legon, one of three university campuses in Ghana, is a 10-minute drive north of the city. The bookstore usually has a small stock of books, but titles and subjects vary.

African art and handiwork can be purchased at many specialty shops, such as The Loom, at frequent exhibitions, or from itinerant salesmen recommended by friends. The Ambassador and Continental Hotels have small gift shops as does the Arts Council, which often has exhibits and cultural performances. There are pottery works at Tema and Winneba.

Swimming is possible at Winneba, Cape Coast, and Biriwa, but exercise caution anywhere along the coast as the tides are dangerous. Beyond Takoradi is Busua Beach where beach cabins may be rented. Tarkwa, an hour inland from Takoradi, is one center of the gold mining industry.

Accra to Lome, Togo (120 miles—192 km.) The road to Lome passes Tema, Pram Pram, and Ada, and with a new bridge across the Volta at Sogakope, the trip takes about 3 hours.

Accra to Ho (105 miles—168 km.) The market at Ho is one of the largest in the Volta region. Just beyond are the Wli Falls. Not far is Amedzope, Ghana's highest point, 2,900 feet (884 mi.) above sea level, where there is a resthouse.

Accra to Kumasi (175 miles—280 km.) Two roads can be used: one via Aburi and Koforidua, the other via Nsawam and Kibi. The botanical garden at Aburi is a good stopping point on your trek. From Aburi, a stop can be made at the Cocoa Research Institute at Tafo.

Top: pool at the Mission Guest House; above: ball field on the Embassy apartment compound.

Kumasi has a cultural center where local artisans work throughout the week fashioning Kente and Adinkra cloth and making carvings and brass and pottery weights. Crafts can be purchased in the shop. A small museum is on the grounds, and on Saturdays music and dancing is usually scheduled. The oldest and one of the largest markets in West Africa is located in Kumasi, while the surrounding area in Ashanti offers a woodcarvers village where brass is cast and where Kente and Adinkra cloths are made. From Kumasi, with prior permission, you may visit the gold mines at Obuasi, a 40-minute drive south.

Accra to Cape Coast (86 miles—144 km.) Thirteen miles beyond is Elmina. The Castle Muşeum at Cape Coast is a must, and Elmina is certainly worth a visit. Biriwa Beach is about 15 miles this side of Cape Coast and can be a rest stop.

Kumasi to Tamale (main route to Burkina Faso, 237 miles—379 km.). Here on the northern savannas is a way of life that differs from southern Ghana. At Salaga, on the way to Tamale, Ghana's past is recalled at the site of the former slave market. Tamale is the site of schools, museums, and a regional government.

Tamale to Navrongo (main route Burkina Faso 120 miles—192 km.). Navrongo is a major stop north of Bolgatanga, known for its market, crocodile bond, and Tongo Fetish Tomb. In Navrongo, the Navropio's palace is worth a visit.

On a worthwhile side trip to Wa, by way of Damongo, you can see the Moslem influence of northern Ghana. At Wa, you can see the Wa-Na's palace. A game reserve at Damongo has a modest motel and a small swimming hole. Sometimes Land Rovers can be rented for touring the park.

Travel in Ghana can be stimulating and fun. Ghanaians are friendly and hospitable, and you should accept opportunities to attend local ceremonies, especially those with dancing and drumming.

When planning a trip, however, you should be aware of prevailing road conditions and make plans accordingly. On a 2- or 3-hour trip, you should pack a picnic lunch, including water, as the availability and quality of eating accommodations vary considerably and cannot be depended upon. You may have an opportunity to buy boiled corn on the cob, fresh coconut, and other items from village markets along the side of the road. Road conditions are difficult due to potholes, and heavy rains may make roads impassable.

Four-wheel drive is useful for trips into the bush as the road system varies from poor to nonexistent. However, the occasions when four-wheel drive is used are very rare, and most personnel will find sturdy, heavy duty, high-clearance vehicles perfectly adequate. It is necessary to carry gasoline, sanitary supplies, food, and water on trips upcountry. You should also bring spare parts such as fan belts, hoses, and spare tires. Camping equipment such as small cookstoves and other cooking utensils is useful.

Adequate hotels can be found in Takoradi and Kumasi. Government resthouses, sometimes serving meals, are in Sunyani, Tamale, Takoradi, Cape Coast, Koforidua, Bolgatanga, and Kumasi. Some government resthouses in the many smaller towns do not serve meals. These are open to the public at reasonable prices but have limited facilities. A few have air-conditioning. Privately-run hotels or motels can be found in Dixcove, Elmina, Akosombo, and Kumasi.

Photography buffs will find a wealth of interesting subject matter here. Black-and-white film is available and can be developed and printed here, although most film is sent to the U.S. for developing and printing. Care must be exercised in selecting subjects. Taboos must be observed, and many Ghanaians resent photographs that may be considered to be degrading. Examples of such subjects are unclothed people, refuse that needs to be collected, etc. A good rule to follow is: When in doubt, ask permission to take a picture. It is best not to take photographs in the town area of Accra.

Entertainment

Local movie theaters are rarely frequented by Mission personnel. AECWA shows films at the American Club at least once a week. The Club is open to members and guests only. The Club's kitchen is open from 7 am until 9:30 pm. Breakfast, lunch, and dinner is served every day.

The Embassy sometimes receives videotapes of American television shows, including news, sports, children's programs, and special events. These can be viewed at the American Club or can be checked out for home viewing. The American Club has both Betamax and VHS system tapes. Either system can be used here. In addition to these tapes received by the Embassy, people receive tapes from friends and family in the U.S.; you can also buy commercially produced recordings. USIS makes available for regular showings to U.S. Mission personnel a weekly videotape compilation of the ABC international evening news as well as VTRs on public affairs and other matters of similar interest. American television sets can be used with American VCRs, but a British-style PAL television is needed for local reception.

The British, French, and German cultural centers offer occasional film showings, as well as concerts and local and foreign performers. The Ghana Arts Council and Drama Studio and the School of Performing Arts at the University in Accra schedule frequent drama and dance performances to which the public is invited.

Many festivals are held during the year commemorating the yam or rice harvest or an important historical event. These festivals often include a "Durbar." Here, the paramount chief sits in state to receive his chiefs, distinguished guests, and the homage of his people. Visitors are welcome on these occasions. Permission should be requested before taking photographs.

Social Activities

Among Americans. There is a good deal of casual entertaining among Americans. Small dinner parties are common. Other activities include luncheons, cocktail parties, outdoor barbecues, sports, dancing, beach picnics, and bridge and other card games. The Marines have TGIF parties every 2 or 3 weeks, to which all official Americans are invited.

The American Women's Association of Accra invites all American women at post to participate in monthly meetings and activities. Parties are sponsored for children at Christmas and other times during the year. A friendship tea for Ghanaian women is held once a year. Other activities include international duplicate bridge, Weight Watchers, and gourmet cooking. An exercise/workout class meets once or twice a week at the Embassy apartment exercise facility.

International Contacts. Aside from required entertaining, Accra offers many opportunities to meet Ghanaians and other nationalities. The international bridge group mentioned above is a popular meeting ground. USIS has many events in which participation by Mission personnel is most welcome.

Accra is an informal city where friendships are formed easily. Official and social contacts, participation in sports, church activities, and memberships in international organizations (Rotary, YMCA, etc.) all contribute to a pleasant assignment.

Official Functions

Nature of Functions

The foreign diplomatic community in Accra entertains frequently, principally at large receptions or cocktail parties. Attendance at National Day receptions is often required of the top four or five senior Embassy officers and of heads of other U.S. agencies. Small dinner parties are becoming more popular and serve representational objectives equally well.

Dress for most receptions, dinners, and some cocktail functions is usually informal—business suit for men and long dress or cocktail dress for women. However, many social functions are casual, and the appropriate attire is sportswear: open-neck shirts for men, and cool, long or short cotton dresses for women. Formal dress (black tie) is rarely required, and then usually only for senior officers. Formal attire cannot be rented in Accra.

Standards of Social Conduct

Mission officers and staff take their representational responsibilities in entertaining and knowing Ghanaians seriously. Mission employees are encouraged to travel and experience as much of the country as possible.

Calling cards are useful for senior officers, as are printed invitation cards. These can be ordered in the U.S. Check with the appropriate agency (State, USIS, DAO, or AID) to determine wording and necessary quantities.

Special Information

Nonofficial Americans encounter some difficulties settling in Ghana. Availability and variety of foodstuffs on the local market can be a problem, although recently there has been great improvement. The rate of inflation is declining but is still high. Reliance on commissary items and air shipments can also be problematical and expensive.

Communication is difficult; you may have to resort to hand delivery of notes or impromptu visits to make contact, as mail is erratic. The political situation is often volatile resulting in restriction of movements for short periods of time. Traffic can cause tempers to fuse, though Ghanaians are noted for their road courtesy. It would be well to learn the system of tail-light signals used to indicate movement. A blinking left rear tail light need not mean the driver is turning left, but the fact that you should not pass as the way is not clear. The "dash" (tip or gratuity) will often produce results when all else has failed.

It is wise to include a directional map to your home with your invitation cards, but these may be Xeroxed at post.

Beaches can be found near Accra.

Notes For Travelers

Getting to the Post

Direct flights from the U.S. are not presently available. Ten flights a week arrive from Europe.

Official travelers are met at the airport. New arrivals must complete the forms on unaccompanied household effects, airfreight, and cars to facilitate customs clearance. If you are not met during office hours, telephone the Embassy Administrative Section and the AID executive officer at 75347/8/9. After hours the Marine Guard can be reached at the same number. However, this is seldom necessary, as every effort is made to meet new arrivals. Be sure the post knows your flight number and time of arrival.

Include in your airfreight any special cooking utensils or kitchen gadgets you find handy. The Embassy and USAID Welcome Kits supply basic cooking and baking equipment needed, as well as bed and bath linens. If you have a large family, Welcome Kit linen and bath supplies may prove to be limited for your needs; therefore, pack accordingly. You may need either queen- or twin-size bed linens or both. Check requirements with the Administrative Section before arrival. A short-wave radio, record player or tape deck, and other amusement, hobby, or sports equipment will help make your first days here more pleasant. As household effects take an average of 4 months to arrive, include extra clothes and shoes. One or two large, well-insulated ice chests are handy for trips to the beach and Lome and are necessary if you expect to travel upcountry. Bring placemats, cloth napkins, one or two tablecloths, and some serving trays for entertaining.

When packing your household effects keep in mind that almost all your entertaining is in the home. If you are very sociable, you will find service for 16 or more of dishes, glasses, and flatware very useful. Bring an ample supply of books, pens, stationery, games, playing cards, play equipment, and hobby and craft supplies. Most housing would accommodate dart boards, badminton sets, or a ping-pong table. Folding porch chairs are handy for the beach and supplement patio seating. If you are a bridge player, a card table and talleys are useful. Paintings, knick-knacks, favorite lamps, linens, toys, and birthday favors for children's parties will help you feel at home. Due to security considerations, avoid bringing irreplaceable items of great value.

Hurricane chimneys are handy if you are using candles outdoors or in a room with ceiling fans. Drugstore variety citronella candles are great for lighting patio or yard parties. Battery-operated lamps (sold as camping supplies) and flashlights are handy during power outages.

Almost everyone grows plants for the house or patio, but pots are fragile and costly. Bring a supply of inexpensive plastic ones in various sizes up to 15″ in diameter. Most personnel assigned to houses have gardens, and many grow vegetables and fruits. Bring seeds and tools with you. Avid gardeners should write to the personnel officer for more information.

If you come without something you need, and if it is a small item, you can order it through the pouch. If it is a large item, you can probably buy it from a departing American or in Lome.

Customs, Duties, and Passage

Customs and Duties

Surface equipment of personal and household effects is consigned to you, c/o American Embassy, Accra, Ghana, via Tema. When bills of lading are received, clearance will be arranged and effects delivered to your quarters. Insure all effects since damage and pilferage can occur. Be prepared for long waits in ship arrivals, clearance through customs, and other unforseen delays.

Ship cars uncrated. Due to the pilferage, remove radio knobs, cigarette lighter, spare tire, and ashtray before shipping. If you have a cassette player which can be easily removed, remove that also. You must furnish an invoice or bill of sale verifying the car's cost and the receipt for premiums paid for marine insurance. These documents must be submitted to the Ministry of External Affairs to initiate clearance procedures.

All personnel are authorized duty-free import privileges for their household effects, airfreight, accompanying baggage, and one car. At the airport, you must declare your unaccompanied baggage, household effects, and care to facilitate their clearance when they arrive. All personnel are granted a 12-month period to receive duty-free items, but the Ghanaian Government requires nondiplomatic personnel to prove that imported items were purchased before they came to Ghana. This rule does not apply to most USAID personnel, who are granted duty-free privileges under an agreement with the Government of Ghana.

Currency declaration is required for official Americans. Ghanaian currency cannot be brought into the country—violation of this regulation brings a minimum penalty of 25-years' imprisonment. No limit is placed on the number of dollars, either currency or travelers checks, that you can bring into the country; however, only foreign currency declared at the time of entry can be exported. Permission must be obtained from the Exchange Control Board to convert Ghanaian currency into dollars. Exchange facilities for authorized personnel are available at the Chancery, and you are expected to make your exchange there.

Passage

All Americans coming to Ghana must have visas to enter the country. If not obtained beforehand, a multiple-entry visa can be obtained after arrival.

Travelers must obtain inoculations against yellow fever and cholera. Additional inoculations for polio, tetanus, diphtheria, and typhoid are recommended; you should also receive a gamma globulin inoculation. Since rabies is prevalent, you may want to receive the series of rabies inoculations.

Pets

Household pets can be brought to Ghana. Bring a recent certificate of vaccination against rabies and a signed certificate of good health, not more than 10 days old, from a veterinarian. Advise the post well

Market scene in downtown Accra.

in advance that a pet will be shipped and its exact arrival date. Pets should not be shipped to arrive before the family or family members. Advance notification of unusual pets will permit the Embassy to ascertain if they will be permitted entry and under what conditions.

Firearms and Ammunition

Prior approval from the Chief of Mission to ship firearms is not necessary, **provided that post is given advance warning**. Inform the post well in advance of packing and shipping of effects, and give type of gun, caliber, serial number, and number of rounds of ammunition, so that the Embassy can obtain import approval. If you have previously obtained approval, the Embassy will help register the weapons when you arrive.

Only the following nonautomatic firearms and ammunition can be brought to Ghana:

Item	Quantity
Pistols and revolvers	Not allowed
Rifles	One per family
Shotguns (12 gauge recommended)	One per family
Ammunition for above firearms	NTE 200 rounds at one time for each

The above-listed firearms and ammunition can be shipped, but not mailed, to post without an export license, provided they are consigned to U.S. personnel for their personal use and are not for resale.

Approval to bring in ammunition has been denied at times in the past. If for any reason guns and ammunition brought into Ghana cannot be registered, they must be turned over to the Embassy administrative officer until your departure. All firearms must be registered annually except airguns, which are registered only upon initial arrival.

Hunting opportunities in Ghana are limited; for bush fowl, a 12-gauge shotgun and for antelope and bush buck, a 30-caliber or larger rifle with telescopic sight are suggested. Ammunition is not available locally.

Currency, Banking, and Weights and Measures

The unit of currency in Ghana is the cedi (¢). Rate of exchange is US$1=¢60. One cedi is worth about $0.02. Cedi notes are issued in denominations of 200, 100, 50, 20, 10, 5, 2, and 1. Each cedi equals 100 pesewas. Pesewa coins are minted in denominations of 100, 20, 10, 5, and 1.

Ghana changed to the metric system in September 1975, but it is not yet in universal use. Gasoline is measured by the imperial gallon (equal to 5 U.S. quarts). U.S. gallons are sold at the Annex.

Three banks in Accra offer cedi checking accounts: Barclay's Bank of Ghana, Ltd., Ghana Commercial Bank, and Standard Bank of Ghana, Ltd. The banks accept dollar drafts, travelers checks, or currency. A 1.25% commission is charged for changing all foreign currency. Standard Bank of Ghana operates at the Chancery from 9–12 am on Tuesday and Thursday, and the Embassy cashier from 8–11:30 am, Monday through Friday, where Mission personnel can cash Treasury or personal checks, postal money orders, and travelers checks for local currency. Maintain a checking account in the U.S. to facilitate any payments there. A limited amount of travelers checks can be purchased from the commissary by commissary members.

Taxes, Exchange, and Sale of Property

Official U.S. Government personnel are exempted from paying Ghanaian income tax.

Nondiplomatic personnel pay an airport tax of ¢20 on departure as well as a restaurant tax of 10% and a hotel or lodging tax of 10%. All personnel buy gasoline for US$1.84 per gallon at Embassy pumps.

Hunting licenses are purchased each year for the season (December to August). All personnel must pay the licensing fee; one passport-sized photograph is required for each license. Fishing does not require a license.

A Ghanaian drivers license is required and is available when you present a valid U.S. license and four photographs. Nondiplomatic personnel are required to take a driving test, including a road test. The testing fee is ¢100 ($2) and the fee for the license is ¢100 ($2). Renewal fees are ¢50 ($1) yearly. Diplomatic personnel are issued Ghanaian and international drivers licenses upon presentation of a valid U.S. license and three photographs. There is no fee or test.

Third-party insurance for vehicles is required by law and is available locally at ¢735 ($12.25) a year. An insurance rider is available for coverage of passengers in your vehicle. Comprehensive insurance, based on the value of the car, is costly due to the high accident rate. You may wish to purchase comprehensive coverage from a Washington, D.C.-based firm where the coverage is available at a lower rate and includes marine insurance. Ghanaian insurance regulations in all facets are presently being revised. For additional insurance information, write the administrative officer.

After obtaining approval of the Embassy Sales Review Committee and the Ministry of Foreign Affairs, you can sell your car at the end of your tour. Embassy regulations require that the car be offered

first to other official American personnel; it can be purchased at any time by those with diplomatic privileges. If not sold in this manner, the vehicle is then offered to the Government of Ghana, which establishes a price based on declared value of the vehicle when it was imported, minus a certain amount for depreciation. Depreciation percentages are currently being revised by the Government of Ghana. If the government does not wish to purchase the vehicle, it can be offered to a private buyer who must pay a tax based on the government's evaluation. All documents relating to original purchase price, shipping charges (including marine insurance), entry declaration value, finance charges, and insurance fee should be retained to support value.

Personal property must also be approved for sale by the Embassy Sales Review Committee and offered for 1 week at a reasonable price to other official Americans. Sale of durable items, such as refrigerators, radios, tape recorders, phonographs, freezers, and rugs, to persons without duty-free privileges must be approved by the Ministry of Foreign Affairs. Duty must be paid if such items are sold to nonprivileged persons. There is a ceiling on amount of personal property sales which may be converted to dollars on departure.

Recommended Reading

These titles are provided as a general indication of the material published on Ghana. The Department of State does not endorse unofficial publications.

The standard history of Ghana is W. E. F.Ward's *A History of the Gold Coast*. Those interested in Ashanti history and customs may refer to works by K. A. Busia, R. S. Rattray, and Eva E. R. Mayerowitz. Perhaps the best account of more recent political events is *Politics in Ghana, 1946–1960* by Dennis Austin. A book dealing with the same general period is David Apter's *Ghana in Transition. Forts and Castles of Ghana* by Albert van Dantzig is an interesting description of castles built by European colonial powers along the Gold Coast. Peggy Appiah, Effuah Sutherland, and Ayi Kwei Armah are Ghanaian novelists of repute. A novel giving a vivid picture of present day urban life in Ghana is *The Beautiful Ones Are Not Yet Born* by Ayi Kwei Armah.

Works of general interest are:

Assimeng, Max. *Social Structure of Ghana.*

Barker, Peter. *Operation Cold Chop.*

Bouret, F. M. *Ghana, The Road to Independence 1919–1957.*

Bretton, Henry. *The Rise and Fall of Kwame Nkrumah: A Study of Personal Rule in Africa.*

Crowder, Michael. *West Africa, An Introduction to Its History.*

Field, Margaret J. *Search for Security: An Ethno-Pyschiatric Study of Rural Ghana.*

Fitch, Bob, and Mary Oppenheimer. *Ghana, End of an Illusion.*

Foster, Phillip. *Education and Social Change in Ghana.*

Hill, Polly. *Migrant Cocoa Farmers of Southern Ghana.*

Kimble, David. *A Political History of Ghana: The Rise of Gold Coast Nationalism 1850–1928.*

Lystad, Robert A. *The Ashanti: A Proud People.*

Markowitz, I. *Ghana Without Nkrumah: The Winter of Discontent.*

Moxon, James. *Volta, Man's Greatest Lake.*

Opoku, A. A. *Festivals of Ghana.*

Page, John D. *Ghana: A Historical Interpretation.*

Thompson, W. Scott. *Ghana's Foreign Policy, 1957–1966.* (A standard work.)

Local Holidays

In addition to U.S. Government holidays, the Mission observes the following Ghanaian holidays:

March 6	Independence Day
	Good Friday
	Easter Saturday
	Easter Monday
May 1	Labor Day
June 4	Uprising Day
July 1	Republic Day
December 26	Boxing Day
December 31	PNDC Day

Try to avoid, insofar as possible, arriving at post on local holidays.